

shree lalita hrudaya stotramaalaa mantra **saadhanaa**

poorva peeThikaa - shree agastya uvaacha

hayagreeva dayaasindho lalitaayaah shubham mama |
hrudayam cha mahotkrushTam kathayasva mahaamune || 1 ||

shree hayagreeva uvaacha

shruNu tvam shishya vaakyam me hrudayam kathayaami te |
mahaadevyaastathaa shakteh preetisampaadakaarakam || 2 ||

beejaatmakam mahaamantraroopakam paramam nijam |
kaameshvaryaah svaangabhootam Daamaryaadibhiraavrutam || 3 ||

kaamaakarshyaadi samyuktam panchakaama dughaanvitam |
navavallisamaayuktam kaadihaadimataanvitam || 4 |

trikooTadarshitam guptam hrudayottamameva cha |
moolaprakrutivyaktaadi kalaashodhanakaarakam || 5 ||

vimarsharoopakam chaiva vidyaashakti shaDangakam |
shaDadhwamaarga peeThastham sourashaaktaadi samgyakam || 6 ||

abhedabhedanaasham cha sarwawaagvrutti daayakam |
tattvachakramayam tattvabindunaada kalaanvitam || 7 ||

prabhaayantrasamaayuktam moolachakramayaanvitam |
kaNThashaktimayopetam bhraamareeshaktiroopakam || 8 ||

|| viniyogah ||

om asya shree lalita hrudaya stotramaalaa mantrasya
shree aanandabhairava rushih amruta viraaT Chandah
shree lalita vaagdevataa prasaada siddhyarthe jape viniyogah ||

|| rushyaadi nyaasah ||

om shree aanandabhairava rushaye namah shirasi |
om amrutaviraaT Chandase namah mukhe |
om shree lalita vaagdevataa prasaada siddhyarthe jape viniyogaaya namah sarvaange
||

|| kara nyaasah ||

om aim 'ka-e-ee-la-hreem' angushThaabhyaam namah |
om kleem 'ha-sa-ka-ha-la-hreem' tarjaneebhyaam namah |
om souh 'sa-ka-la-hreem' madhyamaabhyaam namah |
om aim -ka-e-ee-la-hreem' anaamikaabhyaam namah |
om kleem 'ha-sa-ka-ha-la-hreem' kanishThikaabhyaam namah |
om souh sa-ka-la-hreem' karatala karaprushThaabhyaam namah ||

|| anganyaasah ||

om aim 'ka-e-ee-la-hreem' hrudayaaya namah |
om kleem 'ha-sa-ka-ha-la-hreem' shirase swaahaa |
om souh 'sa-ka-la-hreem' shikhaayai vashaT |
om aim 'ka-e-ee-la-hreem' kavachaaya hum |
om kleem 'ha-sa-ka-ha-la-hreem' netratrayaaya voushaT |
om souh 'sa-ka-la-hreem' astraaya phaT |

|| dhyaanam ||

draam dreem kleem beejaroope hasitakahakahe brahmadehaantarange |
bloom sah krom varNamaale suragaNanamite tattvaroope hasakhaphrem ||
hsaamhseem hsaum beejaroope paramasukhakare veeramaatah swayambhooh |
aim sahakhaphrem beejatattve kalitakulakale te namah shuddhaveere || 1 ||

|| maanasa poojana ||

om lam pruthivee tattvaatmakam gandham shreelalitaatripuraa preetaye samarpayaami
namah |
om ham aakaasha tattvaatmakam pushpam shreelalitaatripuraa preetaye
samarpayaami namah |
om yam vaayu tattvaatmakam dhoopam shreelalitaatripuraa preetaye ghraapayaami
namah |
om ram agni tattvaatmakam deepam shreelalitaatripuraa preetaye darshayaami namah
|
om vam jala tattvaatmakah naivedyam shreelalitaatripuraa preetaye nivedayaami
namah |
om sam sarvatattvaatmakam taamboolam shreelalitaatripuraa preetaye samarpayaami
namah ||

|| moola hrudayastotramaalaa mantra paaTha ||

hrudayaambujamadhyasthaa brahmaatmaikyapradaayinee |
tripuraambaa trikoNasthaa paatu me hrudayam sadaa || 1 ||

avarNamaalikaa shaktirvarNamaalaaswaroopiNee |
nityaa&nityaa tattvagaa saa niraakaaramayaanvitaa || 2 ||

shabdabrahmamayee shabdabodhaakaaraswaroopiNee |
saamvidee vaadi samsevyaa sarvashrutibhireeDitaa || 3 ||

mahaavaakyopadeshaanee swaranaaDee guNaanvitaa |
hreemkaarachakramadhyasthaa hreemudyaanavihaariNee || 4 ||

hreem mokshakaariNee hreem hreem mahaahreemkaaradhaariNee |
kaalakaNThee mahaadevee kurukullaa kuleshwaree || 5 ||

aim aim prakaasharoopNa aim beejaantaravaasinee |
eeshasthaa eedrushee cheshee eem eem beejakaree tathaa || 6 ||

lakshmeenaaraayaNantasthaa lakshyaalakshyakaree tathaa |
shivasthaa hetivarNasthaa sashaktervarNaroopiNee || 7 ||

kamalasthaa kalaamaalaa hraam hreem hreem hreem mukhee tathaa |
laavaNyasundaree paatu lakshyakoNaagramanvitaa || 8 ||

laam laam leem leem suraih stutyaa saam seem soom saim suraarchitaa |
kaam keem koom kaakinee sevyaa laam leem loom kaakinee stutaa || 9 ||

binduchakreshwaree paatu dwiteeyaavarNadevataa |
vasukoNeshwaree devee dwidashareshwaree cha maam || 10 ||

manvastrachakramadhyasthaa naagapatreshwaree sadaa |
shoDashareshwaree nityaa maNDalatrayadevataa || 11 ||

bhoopuratrayamadhyasthaa dwaadashagranthibhedinee |
hasaam haseem subeejasthaa haridraadibhirarchitaa || 12 ||

anantakoTijanmasthaa janmaajanmatvavarjitaa |
amrutaambhodhimadhyasthaa amruteshaadisevitaa || 13 ||

mrutaamrutakaree moolaviraaTshaktih paramaatmikaa |
aatmanam paatu me nityam tathaa sarvaangameva cha || 14 ||

ashTadikshu karaaLee saa oordhvaardhahpraantake tathaa |
gurushakti mahaavidyaa gurumaNDalagaaminee || 15 ||

sarvachakreshwaree sarvabrahmaadibhih suvanditaa |
sattvashaktih rajahshaktistamahshaktih paraatmikaa || 16 ||

prapancheshee sukaalasthaa mahaavedaantagarbhitaa |
kooTasthaa kooTamadhyasthaa kooTaakooTa vivarjitaa || 17 ||

yogaangee yogamadhyasthaa ashTayogapradaayinee |
navashaktih kruteemaataa ashTasiddhiswaroopiNee || 18 ||

navaveeraavalee ramyaa muktikanyaa mukundagaa |
upadeshakaree vidyaa mahaamukhyaviraajitaa || 19 ||

mukhyaa&mukhyaa mahaamukhyaa moolabeejapravartikaa |
dikpaalakaah sadaapaatu shree shreechakraadidevataah || 20 ||

digyoginyashTakam paatu tathaa bhairava chaashTakam |
shaDangadevataah paatuh nityaa shoDashikaastathaa || 21 ||

naathashaktih sadaa paatu trikoNaantaradeepikaa |
trisaaraa trayakarmaaNi naashinee trayam darshati || 22 ||

trikaalaa shoshaNee shoshakaariNee shoshaNeshwaree |
bhuktimuktipradaa baalaa bhuwanaambaa walgeshwaree (budheshwaree) || 23 ||

atruptistruptisantushTaa truptaa truptakareesadaa |
aamnaayashaktayah paatu aadisheshasutalpinee || 24 ||

raajyatwam dehi me nityam aadishambhuswaroopiNee |
sarvarogaharaa sarvakaivalyapadadaayinee || 25 ||

|| phalashrutih ||

idam tu hrudayam divyam lalitaapreetidaayakam |
anena cha samam naasti stotram prakhyaatavaibhavam || 1 ||

shaktiroopam shaktiguptam prakaTaanke prabhum shubham |
moolavidyaatmakam moolabrahmasambhavakaaraNam || 2 ||

naadaadi shaktisamyuktam abhootam adbhutam mahat |
rogaham paapaham vighnanaashanam vighnahaariNam || 3 ||

chiraayushyapradam sarvamrutyu-daaridryanaashanam |
krodhaham muktidam muktidaayakam param me sukham || 4 ||

rudradam mruDapam vishNum daNDakam brahmaroopakam |
vichitram cha suchitram cha sundaram cha sugocharam || 5 ||

naabhaktaaya na dushTaaya naavishwastaaya deshikah |
na daapayet param vidyaahrudayam mantragarbhitam || 6 ||

stotraaNaamuttamam stotram mantraaNaamuttamam manum |
beejaanaamuttamam beejam shaaktaanaamuttamam shivam || 7 ||

paThed bhaktyaa trikaaleshu ardharaatre tathaiva cha |
vaaksiddhidaayakam nityam paravidyaavimohakam || 8 ||

swavidyaasthaapakam chaanyad yantratantraadibhedanam |
kruttikaanakshatrakoormaakhye chakre sthitvaa japenmanum || 9 ||

|| shree mahattarayonividyaayaa mahaatantre shreelalitaahrudaya stotram
sampoorNam ||